

# CHS CHECKUP



A publication by and for employees of the Kentucky Cabinet for Health Services

April 15, 2003

## NEWS BRIEFS

### ELLIOT CALLED FOR DUTY

Vicki Elliot with the Office of Inspector General was activated as a member of the U.S. Army Reserves on January 27. She began with the Commonwealth in 1991 at Western State Hospital. She transferred to OIG in 2000 and is employed as a Human Services Surveyor with the Division of Licensed Child Care in the Hopkinsville Regional Office. She has been a member of the U.S. Army Reserves since 1983. She is currently at Fort Knox.

### MARCH OF DIMES

The Office of Aging Services has completed the March of Dimes fundraiser. Tickets were sold for \$1 giving someone the opportunity to win a \$35 gift certificate to O'Charley's restaurant. A total of \$142.00 was collected. Jo O'Neil of CHS/OAS was the lucky winner. Thanks to all who participated and contributed to this worthy cause.



#### TIP OF THE WEEK

Because nicotine raises blood pressure, cigarette smoking increases the risk of cardiovascular complications for anyone with high blood pressure. A typical smoker experiences at least eight hours a day of nicotine-elevated blood pressure. Caffeine can worsen this situation. In addition to blood pressure problems, both increase stomach acid production. Coffee and smoking are a frequent, but unhealthy, combination.

## Worksite Wellness Program Begins With Walk

Studies show that today's population is the most sleep deprived, stressed, overweight, and unfit than any prior generation. With that in mind, employees from the Department for Public Health and Department of Mental Health and Mental Retardation have formed a committee to address the issue of wellness in the workplace.

The mission of the Employee Worksite Wellness Program is to establish and maintain a workplace that encourages environmental and social support for a healthy lifestyle. The committee wants to educate employees to incorporate healthier lifestyles at work that will also become part of their personal

lives.

The committee will sponsor a kick-off event for the Wellness Program on April 28 at 10 a.m. in the CHS Lobby. At the kick-off, employees will have the opportunity to participate in a Milk Taste Test to see if they can tell the difference between assorted types of milk, win door prizes and begin the first lap of "Walk Across Kentucky." Dr. Rice Leach, commissioner of public health, will lead the beginning lap for "Walk Across Kentucky."

"Walk Across Kentucky" is an employee walking competition that

See **WORKSITE WELLNESS**

Page 2, col. 1

## Lab Recognized for Exceptional Work

The week of April 20-26 is set aside to recognize and honor the contribution to health that is made by medical laboratory professionals everywhere. This year's theme for National Medical Laboratory Week is "Exceptional People - Exceptional Work"

The Cabinet for Health Services has such exceptional people within the Department for Public Health. It is the Division of Laboratory Services (DLS). Microbiologist, chemists, laboratory technicians, laboratory assistants, aides, and clerical and administrative support personnel make up the staff of 58. DLS works closely with the various programs in the department.

They deal with communicable and chronic diseases, environmental protection, food-milk-water sanitation, mental health, screening of newborns for metabolic imbalance, prenatal and family planning, and rabies control.

Demanding new issues have emerged in recent years such as bioterrorism preparedness, West Nile Virus, and most recently the prospect of SARS. DLS, in cooperation with the Centers for Disease Control and Prevention, is always moving forward into new areas of technology in order to provide the best service to the people of Kentucky.



"...promoting and safeguarding the health and wellness of all Kentuckians."

### May Is Women's Health Awareness Month

The Women's Health Awareness Month Health Fair is May 14. Julia Rome, yoga instructor, will have a 30-minute presentation/participation session outside (weather permitting) by the walking track and the cafeteria. Make sure you wear comfortable shoes — no special apparel is needed.

The cafeteria will be providing a light menu of food items and (weather permitting) grilling outside just to make your mouth water.


There will also be a Mobile Mammography Unit provided on May 14 outside of the Health Services Building on the Main

Street side. In order for this event to take place, 25-30 participants are needed.

The American Heart Association and the Cardiovascular Health Program will sponsor the *Movin' & Groovin' Walking Path Event*.

There will be information on women's heart disease — the number one killer among women.

There will also be door prize drawings for everyone who participates. More information will be provided before the event.

If you have any questions, contact Jane Corder at 502/564-9358 or [Jane.Corder@mail.ky.us](mailto:Jane.Corder@mail.ky.us). 

### Worksite Wellness Program


Continued from Page 1

will begin on April 28 and last for 12 weeks. Employees will need to form teams of six people with a team leader who will log their miles. Employees on each team may walk any time, anywhere, alone or with friends.

The team leader will be responsible for reporting miles walked each week to Jennye Grider in the Chronic Disease and Health Promotion Branch in the Department for Public Health. She will track the progress of each team on a state map. The competition can be a real motivator to get all of us walking!

To sign up, e-mail Jennye Grider at [Jennye.Grider@mail.state.ky.us](mailto:Jennye.Grider@mail.state.ky.us) or

come to the "Kick-off" with a list of your team participants and the team captain name.

The committee, chaired by Lisa Arvin from the Nutrition Services Branch in the Department for Public Health, has worked with the committee to incorporate fun ways to involve employees in healthy activities. Plans for the next year include: Yoga classes, cafeteria cookouts, an employee kickball game and healthful tips to manage stress. Come join in the events and determine your own personal benefits. 


### HIPAA HOOPS



HIPAA is an acronym used to reference the "Health Insurance Portability and Accountability Act of 1996."

Test your HIPAA knowledge...

Ed Wilson is the new HIPAA Privacy Officer for the Cabinet. Wilson has been serving as the director of Long Term Care in the Office of Inspector General and has previous state government experience as the inspector general and chairman of the Certificate of Need Commission.


Wilson will be providing information to CHS staff on HIPAA. He has already been sending email reminders about HIPAA compliance. He will be working out of the General Counsel's Office and can be reached at 564-7905. 

### Derby Breakfast 2003

CHS staff members are invited to the 2003 Governor's Derby Day Celebration in Frankfort on May 3. The event is hosted by Gov. Paul Patton, First Lady Judi Patton, Lt. Gov. Steve Henry and Heather Henry.

The Frankfort-Franklin County Tourism Commission is also a co-host.

The festivities will take place in downtown Frankfort from 8 a.m.-2 p.m. There will be a shuttle from the Human Resources Complex parking lot to downtown Frankfort. The free event will include arts, crafts, music, a Kids Corner and more.

See more information at the following web site: <http://gov.state.ky.us/derby/2003/derby2003.htm> 



The CHS Checkup is a newsletter for employees of the Kentucky Cabinet for Health Services. Please direct contributions or comments to the Office of Communications, 502-564-6786. View newsletters at the CHS website at: <http://chs.state.ky.us/> Printed with state funds.

